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TORONTO metro®

RAGING RAPTOR RISES

TERRENCE ROSS BREAKS OUT WITH A 51-POINT CAREER-HIGH SHOCKER — BUT CAN HE DELIVER ON THE NEW, HIGHER EXPECTATIONS? PAGE 21

The truth will set you free — and bring glee

Telling the truth is not only the right thing to do — it also makes you feel better than lying, research from U of T suggests PAGE 4

New policy a 'blank cheque to Big Brother'

New privacy concerns being raised over decision to start sharing information taken by border officials with the federal government PAGE 6

Ukrainians rally for those lost far away

Grounds outside Toronto city hall flooded by crowd of protesters after another three people are killed in the unrest in Europe PAGE 3

NEWS WORTH SHARING.

Airport train will be a vacation in itself, boss says

UP Express. Service planned to be efficient, tranquil and, perhaps most importantly, warm

No coat? No problem.

Toronto's new $456-million airport train will be like an "oasis," says the president of UP (Union Pearson) Express, scheduled to open in time for the Pan Am Games in summer 2015.

Snowbirds in downtown condos and offices will be able to walk the PATH in their shorts to Union Station, pull their bags along the Skywalk to the UP Express terminal, check in with their airline and board a train that leaves every 15 minutes. Twenty-five minutes later they will be inside the airport.

No need to step outdoors until there's a sandy beach in sight.

Even travellers not looking to escape winter will appreciate avoiding the traffic that tangles the roads leading in and out of the airport, says president Kathy Haley.

"It's 25 minutes people have to get their work done and take their time. They want it to be quiet and comfortable and serene," she said.

The elevated guideway into the airport is built atop concrete piers parallel to Highway 409. At its highest point, where it crosses over Airport Road, the UP Express will ride about eight storeys above the ground.

"I don't think there's any other place in Toronto where you can get views like that," said Haley.

The air-rail link has been criticized as elitist, with plans to price and position it for business travellers willing to pay a premium.

Ticket prices are expected to be more than $15 each way — too rich for workers who travel to Pearson daily.

TORSTAR NEWS SERVICE

Grandeur

"It will probably be the most inviting, impressive moment that people will have coming into Toronto."

UP Express president Kathy Haley, on the view from the elevated guideway.

CALL ME QUEEN BEE

Lorde performs during the 56th annual Grammy salute to industry icons on Sunday. The 17-year-old Kiwi singer was overwhelmed as she accepted Grammys for best pop solo performance and song of the year. See story, page 13. LARRY BUSACCA/GETTY IMAGES

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City hall

Budget short on cash, says Kelly

Toronto's 2014 operating budget as recommended by the executive committee isn't balanced because it relies on land-transfer tax revenues that may not materialize, according to Deputy Mayor Norm Kelly.

Kelly told reporters Friday he believes council will have to make some tough adjustments to finalize the $9.6-billion budget if it's to be balanced as the law requires.

The executive committee Kelly chairs last week voted 6-5 to take $23.1 million extra from land-transfer taxes, but staff said there is only about $15 million available from that source, leaving the budget short by $8.1 million. TORSTAR NEWS SERVICE

Mississauga

Mansion once listed at $11M goes for $6M

The Mississauga mansion that was built and owned by Michal Cerny, who once listed it for $11 million, sold for $6.2 million at an auction on Sunday to the highest bidder.

People lined up in the cold and snow to get in.

The winner was a mystery woman in a nice coat.
TORSTAR NEWS SERVICE

People line up to bid on the mansion Sunday.
TORSTAR NEWS SERVICE

Hundreds of people came out to city hall on Sunday to honour the lives lost in the Kyiv protests in Ukraine. The service came just days after President Viktor Yanukovych offered the opposition party the prime minister's position. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Local Ukrainians honour lost lives

City hall. Violence abroad has killed six people so far

The deaths of three protesters allegedly shot by government police in Kyiv last week sent shock waves through Toronto's tight-knit Ukrainian community, with many calling yet again for President Viktor Yanukovych to step down.

Hundreds of Canadian-Ukrainians gathered outside Toronto City Hall Sunday afternoon to honour the three lost lives, which brought the death toll up to six.

Quoted

"The only way is re-election. We need new leaders. Otherwise, nothing will change."
Journalist Olga Mozkova

The conflict was sparked last November when Yanukovych decided to scrap proposed ties with the European Union and instead strengthen the country's trade relationship with Russia. For many Ukrainians praying for a modernized country, the choice was seen as a step backwards to the country's Soviet past.

Violent protests have since spread outside the capital city and spilled blood across the country, which gained independence from the Soviet Union in 1991. Police have used smoke bombs, grenades and gunfire in attempts to quell crowds into submission.

The recent spike in the death toll has many Ukrainians in Toronto fearing for loved ones back home.

"My friends are there and the police are getting more violent, so of course I'm scared," said Olga Mozkova, a young journalist who recently moved to Toronto from eastern Ukraine.

Mozkova and three friends attended the city hall protest and later headed to a candlelight vigil inside the St. Volodymyr Ukrainian Orthodox cathedral near Bathurst and Dundas streets.

About 200 people packed inside the cathedral around 5 p.m. for a panakhyda, a short memorial service for the three recent victims.

With many in the church still holding the nation's blue-and-yellow flags from the protest, the congregation lit candles while a choir sang sombre hymns.
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Young dancers reach for the stars

Maya Smallwood takes a moment to stretch before trying out for one of 50 available spots in Canada's National Ballet program, on Sunday at Canada's National Ballet School on Jarvis Street. With more than 1,000 youth taking part in the national audition tour, students from grades 6 to 12 were judged for overall suitability for the demands of classical ballet in the school's full-time programs. DAVE STARRETT/FOR METRO

Hard life living a lie

'Cheater's delight' a myth? Telling the truth more satisfying than lying: U of T research

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

New research has found that most of us would prefer to tell the truth than lie — because lying is mentally taxing and if we gain something by a lie, it doesn't feel as good as if we gained it honestly.

University of Toronto researcher Kang Lee and his colleagues recently published the results of two studies, both of which appear to debunk the concept of "cheater's delight" — the thrill people are presumed to get from gaining something through deception.

The first study was designed to make participants lie of their own volition and believe their lie was undetected.

The researchers set up a game where the participants had to predict which side of a screen a shape would appear on, moving a finger underneath a table to signal their prediction. Then, they would have to tell the researchers if they got it right or not, unaware that the researchers were monitoring their fingers with a hidden camera.

"It was very much like getting students to mark their own papers," said Lee.

Some participants lied more than others, but all did eventually — because they couldn't leave without getting enough points, which couldn't be achieved by chance and lucky guessing alone.

"We first measured how their brain responds to lying and truth-telling and then how their brain responds to getting a reward or losing a point," he said.

They found lying taxed the executive network of the brain more than telling the truth.

The researchers also monitored the network of the brain that registers reward. "We found that when you are telling the truth and get the reward, neural activity in that area is greater than when (you get the same reward and) are telling a lie."

The good in everyone

"I thought, beforehand, that lying is a challenging task so people would feel more reward when they succeed, but it was the other way around."

Kang Lee, U of T researcher

In a second study, the researchers designed a poker-like game where deception and lying was part of the game and that behaviour was expected. Lee said the researchers were surprised to find the same thing held true — that it was both easier on the brain to tell the truth and more rewarding when the participant achieved success with the truth than when they did with a lie.

"People are generally good people — and this was surprising as well," Lee said.

Lee hopes to study psychopaths and pathological liars. "My hypothesis is they are more likely to show the reverse pattern — that is when they lie, they indeed show the liar's delight."

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Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data exchange program with other federal departments, Torstar News Service has learned.

The program, in which Ottawa and Washington will start sharing their citizens' travel and biographic data this summer, means anyone from Canada travelling to or from the United States by land will have his information passed on to federal departments.

The Canadian Border Services Agency confirmed the new practice and said data would only be passed in accordance to stringent rules.

But the revelation is raising questions about privacy, how the information will be used and whether the federal government plans to use this data to crack down on immigration, citizenship, health and tax cheats.

"With this system, it is a blank cheque to the Big Brother. Where you go and when you go becomes government property," said immigration policy analyst Richard Kurland.

Kurland said the data collected can be used as an enforcement tool of immigrant residency and citizenship laws for newcomers as well as the application of health care and taxation on Canadian citizens by counting their days spent in Canada. **TORSTAR NEWS SERVICE**

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A woman holding a picture of her husband, who died in last week's seniors' residence fire,
RYAN REMIORZ/THE CANADIAN PRESS

'We will find the

L'Isle-Verte. Owner of fire-ravaged seniors' home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors' residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L'Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

"What you're living inside, we are living it inside as well," he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. "We will try to find the strength to get through this."

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it "a first step toward healing."

Meanwhile, authorities said there was no change

arrives for a commemorative service for the victims on Sunday in L'Isle-Verte, Que.

try to strength'

No rush to judgment

"We will wait for the inquiry because now we don't have the results of this evaluation and examination. After that, we will see if there are some new rules to adopt." **Quebec Premier Pauline Marois,** who said she wants to see the results of the various investigations into the blaze before rushing to judgment on a solution.

in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday's blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L'Isle-Verte on Sunday to see firsthand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze "unacceptable" and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

Back in session

As Parliament returns, scandal, budget expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy, with next month's budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper's former chief of staff and four senators will keep the government firmly mired in the scandal, as it was for most of last year.

THE CANADIAN PRESS

Life's a beach for Biebs

Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island. THE ASSOCIATED PRESS

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Syria peace talks lead to deal for city under siege

The city of Homs.
Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

With little progress to show after months of international pressure for the conference in Geneva, the UN mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970.

In Syria, the war continued as if there were no effort to stop it — gunfire and shelling in Homs, between Assad's forces and rebels, and between the al-Qaida-linked militants and Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

The blockaded districts of Homs came under intense fire that activists blamed on the government, calling into question how any deals reached in remote Switzerland could be implemented or verified in a chaotic civil war with dozens of players that began as a largely peaceful uprising against Assad.

More than 130,000 people have died in less than three years, and millions of Syrians have fled their homes.

THE ASSOCIATED PRESS

Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting at the European headquarters of the UN in Geneva on Sunday.
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

Quoted

"This is a red line. If some people think we are coming here to give them the keys of Damascus they are wrong."
Syrian Deputy Foreign Minister Faisal al-Mikdad

Ukraine protesters mourn one of their own shot dead in Kyiv

Protesters carry the coffin of Mikhail Zhiznevsky, 25, one of two protesters who died of gunshot wounds on Wednesday, during a commemorative service in Kyiv, Ukraine, Sunday. Ukraine's opposition called off a massive rally planned for Sunday because of the funeral for a protester killed in clashes with police last week, underscoring the rising tensions in the country's two-month political crisis. The opposition contends they were shot by police in an area where demonstrators had been throwing rocks and firebombs at riot police for several days. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Congo

Arms depot blasts leave 20 dead

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people. A UN statement says the explosions injured 50 people.

THE ASSOCIATED PRESS

Ferry disaster

Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were saved, and rescuers were looking for another 11 people believed to be missing.

THE ASSOCIATED PRESS

Somalia

Missile kills rebel commander

Sahal Iskudhuq, a militant commander who was believed to be close to al-Shabab's top leader, was killed when his car was hit by a missile fired by a suspected drone. The attack took place in a village called Hawai.

THE ASSOCIATED PRESS

Central African Republic

Top Seleka rebels flee the capital

Top members of the rebel Seleka coalition loyal to Central African Republic's former president fled the capital under the protection of Chadian peacekeepers Sunday, suggesting the rebels' demise could be imminent.

THE ASSOCIATED PRESS

An interview with former NSA contractor Edward Snowden aired on German TV on Sunday. THE GUARDIAN FILE/THE ASSOCIATED PRESS

NSA engages in industrial espionage, Snowden says

Interview. Intelligence leaker alludes to revelations to come

Former NSA contractor Edward Snowden claimed in a new interview that the U.S. agency is involved in industrial espionage.

In the interview, aired Sunday night on German public television broadcaster ARD, Snowden said if German engineering company Siemens had information that would benefit the U.S., but had nothing to do with national security needs, the National Security Agency would still use it.

It wasn't clear what exactly Snowden accused the NSA of doing with such information — he only said he didn't want to reveal the details before journalists did.

Snowden also said that he was no longer in possession of any NSA documents, because he had passed them all on to a few selected journalists and that he had no further influence on the release of the files.

He also said U.S. government representatives wanted to kill him, according to a simultaneous German translation by the station. Snowden referred to an article he had read on Buzzfeed in which U.S. government representatives had told a reporter that they wanted to kill him.

THE ASSOCIATED PRESS

End-of-life debate. Brain-dead, pregnant woman is taken off life support

Erick Munoz stands with an undated photograph of himself with wife Marlise and their son, Mateo. THE FORT WORTH STAR-TELEGRAM/RON T. ENNIS/THE ASSOCIATED PRESS FILE

The family of a brain-dead, pregnant Texas woman said Sunday afternoon that she has been removed from life support following a judge's ruling that a Fort Worth hospital was misapplying state law in the case.

A statement sent Sunday afternoon by lawyers for the husband of Marlisa Munoz says she was disconnected from life support about 11:30 a.m.

Judge R.H. Wallace had given the hospital until 5 p.m. Monday to comply with his ruling to remove Munoz from life support, which Erick Munoz says is what his wife would have wanted.

She was 14 weeks pregnant when her husband found her unconscious Nov. 26, possibly due to a blood clot.

Both the hospital and family agreed before Wallace's ruling that Marlise Munoz meets the criteria to be considered brain-dead, which means she is dead both medically and under Texas law, and that her fetus, at about 23 weeks, could not be born alive this early in pregnancy.

The case has raised questions about end-of-life care and whether a pregnant woman who is considered legally and medically dead should be kept on life support for the sake of a fetus. THE ASSOCIATED PRESS

Israel

Whistle-blower ex-soldier freed

Israel's prison service says a former soldier who passed hundreds of classified documents to a newspaper reporter has been freed after more than two years in jail. Spokeswoman Sivan Weizman said Anat Kamm walked free Sunday morning.

Kamm began serving a prison term in 2011 after being convicted of passing military information to a reporter.

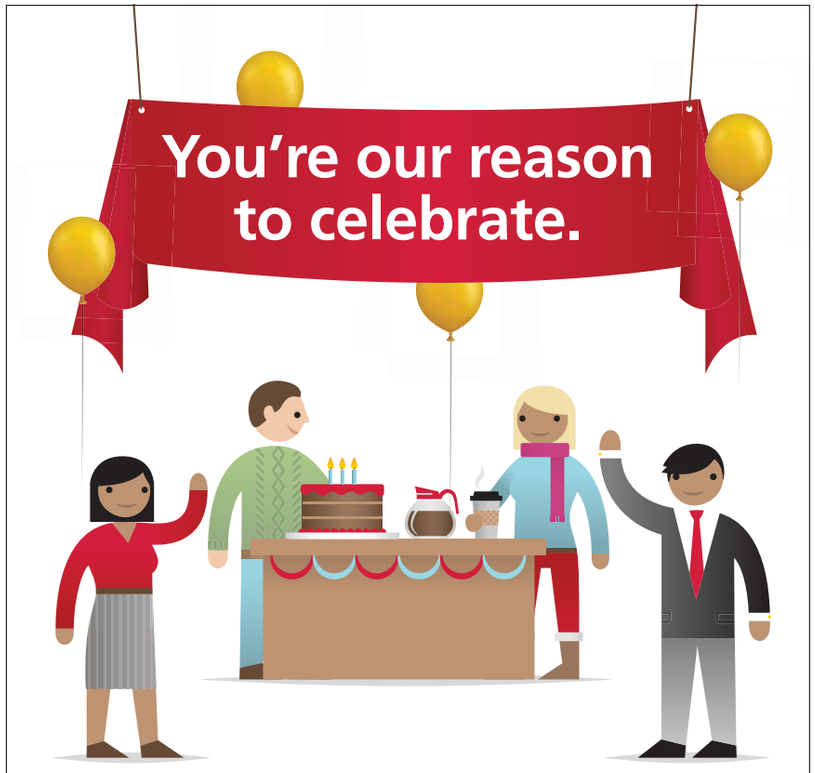
THE ASSOCIATED PRESS

U.S. Virgin Islands

281 fall ill aboard cruise liner

U.S. health officials on Sunday boarded a cruise ship docked in the U.S. Virgin Islands to investigate an illness outbreak that has stricken nearly 10 per cent of passengers with gastrointestinal symptoms including vomiting and diarrhea.

Officials said that 281 passengers aboard Royal Caribbean's Explorer of the Seas reported getting sick. THE ASSOCIATED PRESS



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HOW TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Money can't buy their land (for now)

Ron and Jeanne Crumly, seen on their family farm in Page, Neb., say they have no intention of signing to allow the Keystone XL pipeline on their land — whatever they're offered. Cash offers have been skyrocketing, as much as seven-fold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property. The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon. Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year. One family says it was initially guaranteed $8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to $61,977.84 US. But, just like that old marketing slogan says, the offer's good for a limited time only. Included in the price tag is a $27,000 US signing bonus that shrinks the longer they wait — after 30 days it falls to $18,000 US, then after 45 days it disappears entirely. ALEX PANETTA/THE CANADIAN PRESS

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Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin?

A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

Among the retailers is Quebec bed-and-breakfast operator David Mancini, who expects the payment method will have a practical appeal for foreign tourists visiting his community of Baie-Saint-Paul.

Bitcoin transactions are seen as more convenient than other forms of payments as they are sent directly and instantly from one person to another, avoiding processing and other fees usually charged by banks or third parties. THE CANADIAN PRESS

The world's first Bitcoin ATM in Vancouver in 2013. GETTY IMAGES

Study. Getting Alberta's oilsands products to U.S. involves risks, unknowns

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

The findings are in a 153-page report from last September by the emergency response division of the U.S. National Oceanic and Atmospheric Administration. The unit has expertise in preparing for, evaluating and responding to oil and chemical spills in coastal environments.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or being resolved.

The study examined the several ways to transport Alberta's bitumen, a molasses-like crude oil, over U.S. land and water. Those included rail, the proposed Kinder Morgan Trans Mountain pipeline to Vancouver, the Keystone XL line to Texas from Alberta, and Northern Gateway. THE CANADIAN PRESS

Expert view

The report was written by six experts at the University of Washington and supervised by Prof. Robert Pavia of the university's School of Marine and Environmental Affairs.

- "While there are many arguments about the level of risk, no one believes the risk is zero," Pavia told The Canadian Press, adding that he was speaking personally.

Hope for the best, prepare for the worst

"In my mind it's not a question of whether a spill will occur, but how well-prepared we are for a spill once it does occur."

Prof. Robert Pavia of the university's School of Marine and Environmental Affairs, who supervised the report written by six experts at the University of Washington.

University of Calgary study. Can't get lil' Jacob to eat his carrots? Wrapping them in a pretty package could help

A University of Calgary study suggests wrapping food up in a pretty package is as likely to influence a child's food choice as a brand name like McDonald's

Prof. Charlene Elliott's study builds on one done by Stanford University a few years ago.

The Stanford study found that preschoolers thought foods wrapped in a McDonald's wrapper tasted better than the identical food presented in a plain wrapper. Children in the study even preferred the taste of carrots wrapped in McDonald's wrapping.

Elliott felt the Stanford study lacked depth, so she modified it.

In Elliott's study, 65 preschool-aged children were asked to choose between food pairs presented in various wrappings including Starbucks — a brand children might not be familiar with. Kids were asked to choose between McDonald's and plain white wrapping; McDonald's and colourful non-branded wrapping; and McDonald's and Starbucks wrapping.

Mmmm, this food is great, look at the wrappers! GETTY IMAGES FILE

For fries and carrots, the majority of children indicated the samples tasted the same. Yet for those children who did indicate a preference, more children preferred the taste of fries and carrots in the Starbucks wrapping over McDonald's. "So wrap it up in a pretty package," she said.

THE CANADIAN PRESS

Lentil soup a hard sell

The owner of a Calgary day-care isn't sure that packaging is the primary factor in getting a child to eat.

- "I can make a lentil soup that looks really good on the menu ... but down the road I know they probably won't eat it no matter what the packaging."

Vaccine research

Docs give flu virus to volunteers in the name of science

Forget being sneezed on: U.S. government scientists are deliberately giving dozens of volunteers the flu by squirting the live virus straight up their noses.

It may sound bizarre, but the rare type of research is a step in the quest for better flu vaccines. It turns out that how the body fends off influenza remains something of a mystery.

Wait a minute: Flu is sweeping the country, so why not just study the already sick? That wouldn't let scientists measure how the immune system reacts through each step of infection, starting with that first exposure to the virus.

THE ASSOCIATED PRESS

An infectious disease specialist sprays live flu virus into Daniel Bennett's nose. THE ASSOCIATED PRESS

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#2118 Aretha Hamilton
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#1613 Omar Brooks

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ELECTION WILL BE ALL FORD

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Less than a month into Toronto's 2014 municipal campaign, it's already become clear what this election will really be about.

It'll be about Mayor Rob Ford. In October, we're going to have a referendum on whether his scandals and behaviour are enough to keep him out of office.

It was probably naïve to ever think this race could be about anything else. Still, I held out hope, thinking that maybe the race could be about transit funding, or taxes or development, or, hell, even parking regulations — about anything more tangible.

But already we're seeing Ford opponents talk a lot about character and only a little bit about issues. Olivia Chow, who is clearly running for mayor but has yet to announce, spent the last week on a tour promoting her new book. It all seemed geared toward bolstering her image as the anti-Ford. The differences she's highlighting aren't really political, but personal — where he's a chaotic jumble of impulse and negativity, she's measured and optimistic.

Chow hasn't really talked about a single municipal issue yet. And here's the scary thing: there's a decent chance she won't have to.

Other candidates have also seemed to realize that this campaign is about character. John Tory looks to coast in and lean on his credibility as an honest elder statesman, the returning hero here to save the city. Maybe that'll play well with voters, if the guy can ever make a decision about running.

Meanwhile, Karen Stintz has taken care to paint herself as a fiscal conservative with a heart. And David Soknacki — who, to his credit, is the only person who has anything resembling a coherent policy position at this point — still makes sure to trumpet his clean-cut image and self-made business bona fides, a stark contrast from Ford and his inherited wealth.

All this may be smart political strategy, but I can't say I'm very happy about the way this race is shaping up. In an era where Toronto faces so many critical issues — issues that require big ideas and big leadership — this city looks like it will spend the next nine months talking about Rob Ford.

No one needs to convince me that Ford is not the right person to run this city. But the reasons for that go beyond character. His strategies haven't worked. His ideas — when he's had them — have been misguided, sometimes even dangerous.

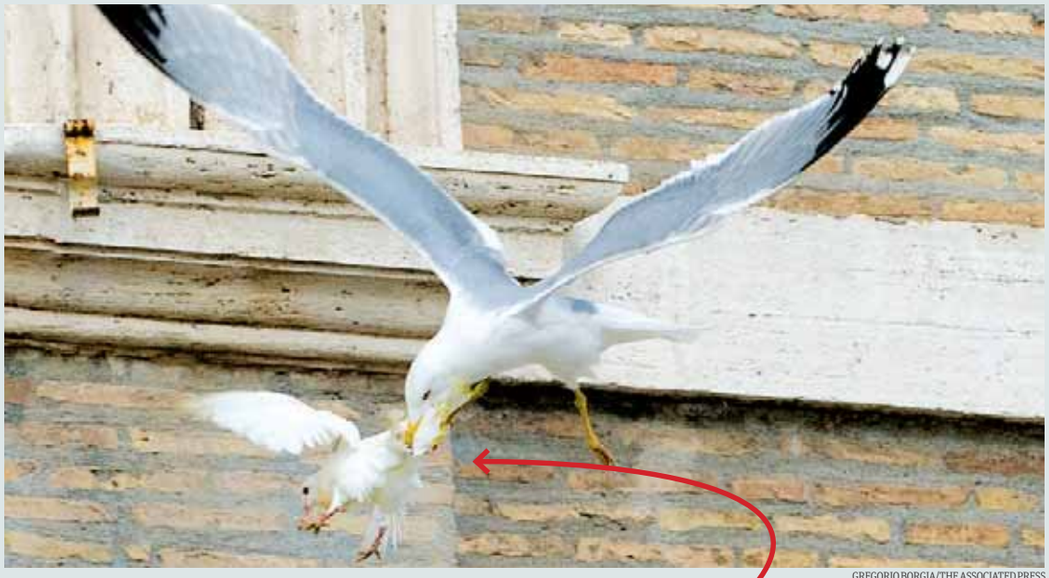
I'd be happier if this election could serve as an opportunity to talk about that — to have a conversation about better ideas, new leadership and ways we might actually be able to make this city better.

But it doesn't look like we'll get that opportunity. Instead, it's going to be all Ford, all the time. Buckle up.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

A dove which was freed by children flanking Pope Francis was attacked by a seagull moments later.

The symbol of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor. One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a gesture to send you to your home screen.

Bloard:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to channel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlsinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

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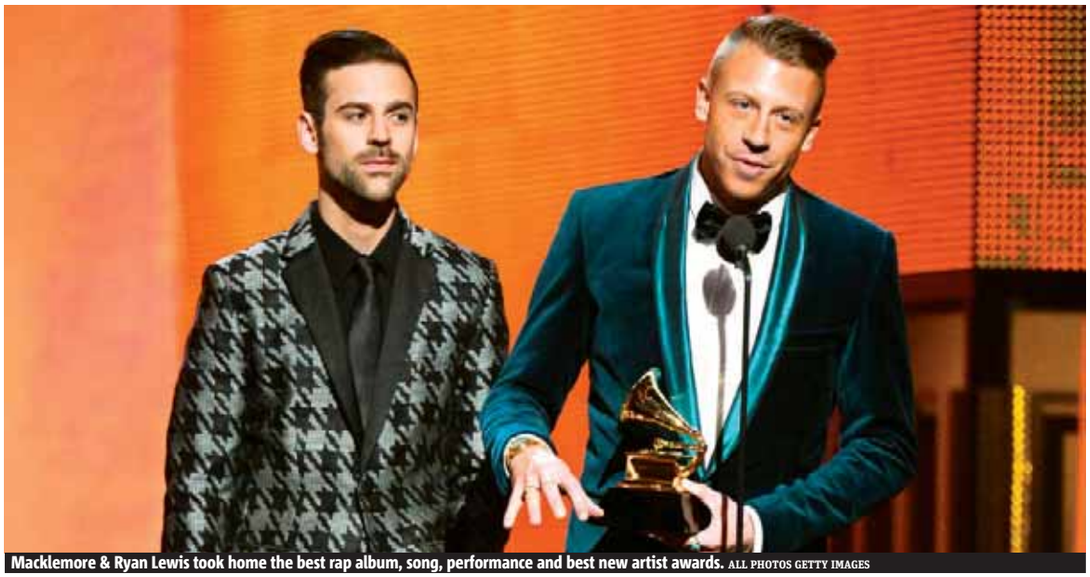
Wow, those white boys sure can rap: Grammys



Macklemore & Ryan Lewis took home the best rap album, song, performance and best new artist awards. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis clean up. Drake is apparently the best they never had as he is effectively shut out

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in three awards near the midway point of the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind Thrift Shop and Can't Hold Us trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nominations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

As of press time, the pair still held nominations in album of the year.

The early wins for Macklemore & Ryan Lewis might have heralded a big night for hip hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

The pair's most substantial competition might have come from critically beloved French dance duo Daft Punk, who won three Grammys including best dance/electronica album for their influential Random Access Memories and best pop duo/group performance for their summer-stealing Pharrell Williams collaboration Blurred Lines.

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Beyoncé opened the show with her new single Drunk in Love. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse. Later, Jay-Z also delivered one of the evening's most charmingly shambolic acceptance speeches after winning best rap/sung collaboration for his Justin Timberlake hookup Holy Grail.

Seventeen-year-old New Zealander Lorde won an award for best pop solo performance and song of the year.

Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her Skyfall theme — while Rihanna picked up her seventh. THE CANADIAN PRESS

Online

For more coverage and a complete list of winners, visit metronews.ca

Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.

Madonna and her son David, in a throwback to her Open Your Heart video, with a bit of a nod to the late, great MJ.

Katy Perry hits the right note in this dress by Valentino.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Thanks for the mental images Jen and Ben!

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some $75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.

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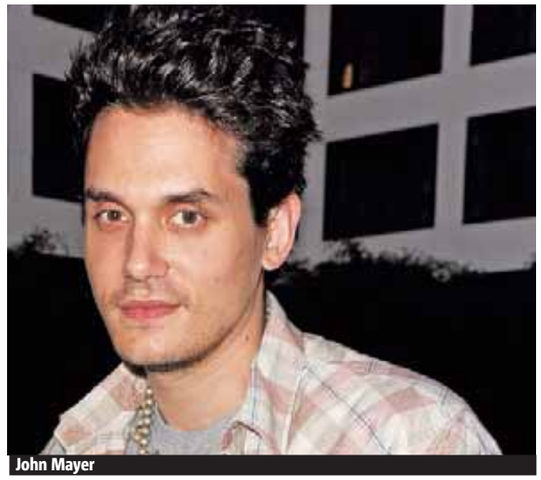
Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

Blanchett blames Golden Globes speech on the booze

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or offkilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."

Cate Blanchett

Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

• Smirking and eye-rolling are Pediatric Association–approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
• Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
• Get at least eight hours of screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.
• Sleep only during daylight hours. Prolonged exposure to sunlight makes you more attractive to the opposite sex . . . who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceits and hidden vices of raising kids

Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,"' McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceits in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of Empoweringparents.com, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the back of the freezer," she said.

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two
who hides her love of chocolate from her kids by eating it in her bedroom

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami Beach, Fla., understands. He's the senior vice-president and co-founder of an online startup that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said. THE ASSOCIATED PRESS

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From the roots up: Beef Barley Soup gets earthy

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and the barley is cooked. Add the Worcestershire sauce and salt and pepper.

3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

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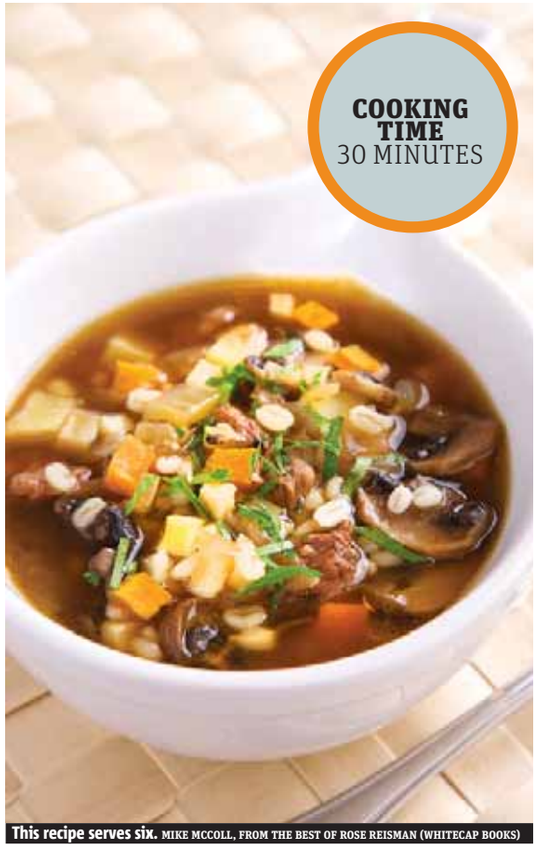
Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

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TORONTO TRANSIT COMMISSION

Be real when tackling your study distractions

Killing habits entirely is ambitious. Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI SALEMI
Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

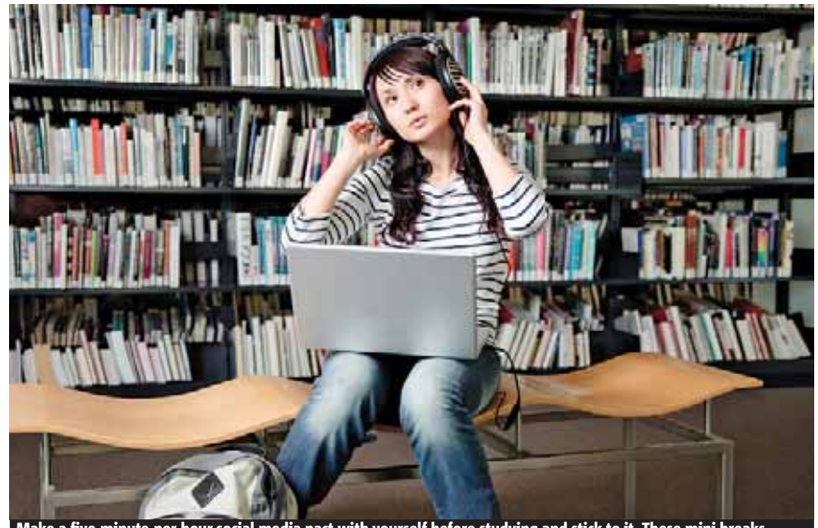
For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.
- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.
- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.



Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

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People from normal childhoods with normal lives don't end up homeless. Dave disagrees.
(Dave, in shelters for 12 years)

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'Round the world wisdom

Failing fast to succeed will help you in the long run

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Look at failing fast while experimenting as a positive, not a negative. ISTOCK

When taking on a new project, consider actively seeking guidance to experiment with new methods, but learn quickly when the ideas don't work for you. When I signed up to run the Gobi six-marathons-in-five-days event, I had neither the know-how nor the expertise needed to successfully prepare. As the discipline of multi-stage running is still in its infancy, there is no set formula for doing so.

Understanding my novice status, I chose to experiment. To build stamina, I started to work standing up, at times doing so for eight to 10 hours a day. I stopped taking elevators. I sold my car and I walked, tethered to a pedometer. Being on my feet helped me when I couldn't train. It worked. Like most people, I was too "busy" to stretch and thought I knew how to run. So I jumped right into my new challenge without instruction, running alone, typically after the kids were in bed. Taking such a leap didn't work and brought me to complete failure within three months, culminating in various injuries. Still, it would turn out to be a blessing — by failing fast I was able to change course just in time to take the starting line.

When taking on a project outside of the familiar, experiment quickly and actively look for feedback. Appreciate failing fast as an asset rather than as a setback, as a slow path to failure usually leads to a permanent stoppage, without any opportunity for a reset. **STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER**

The best companies in the world to work for

And the traits they share. Top employers focus on what workers are passionate about, and offer special rewards

EMILY LAURENCE
Metro World News

Top employers encourage workers' hobbies, such as yoga. ISTOCK

Fortune magazine released their list of the 100 best companies to work for last week, and while the companies probably won't surprise you (Google, Goldman Sachs and Accenture all made the list), there are some commonalities that surface when looking at all the company profiles.

To compile the list, the magazine's editors partnered with the Great Place to Work Institute to distribute surveys to employees at as many corporations as they could; 257 separate firms helped distribute them. The questions pertained to employees' job satisfaction, company credibility and managerial approval.

One commonality the top companies have is offering creative perks. Employees love bragging about things their company offers that their friends' companies probably don't, such as encouraging volunteer work through company organized trips (Google), an on-site health centre (SAS) or special rewards for employees who put forth extra effort. (Top sellers at Salesforce.com received a two-week trip to Bhutan.)

If you think your company can't afford to offer cool perks, you're wrong; it just takes a little creativity. Public recognition at annual company meetings praising people who go above or beyond; company parties during big TV events like games or award shows; or surprising an employee once a month with a free car wash are just a few low-cost ways to boost moral.

Something else the 100 best companies to work for have in common is that they provide ways for employees to do what they're really passionate about. Whether it's through on-site yoga classes or carving out time for volunteering or company sports teams, taking employees' interests into account goes a long way. Thirdly, employees really value companies where they see people moving up the ladder internally as a reward for their hard work.

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Entrepreneurs find a room of their own

Growing trend of coworking. Shared working environments are the 'happy medium' between traditional office and home

When Matthew Dobbie worked from home as a lawyer, often asking his neighbours or the condo's security guard to act as witnesses, he found it bothered some clients that they were meeting in his living room.

"It was awkward," he said. "I probably lost some clients because the setting didn't seem overly professional."

So, when his sister heard about a company that offered coworking spaces for rent, Dobbie looked it up. Soon after he joined Workplace One. The five-storey building, located in downtown Toronto, is one of 20 establishments that offer fully furnished private offices or private desks in open-concept spaces, with shared access to printing services, conference rooms, kitchens and other common social areas included in the rent.

"I get all that at a lower cost than if I were just renting an office on my own," the 33-year-old lawyer said. "It presents a better front. And it's a nice bonus that I have people to talk to."

In a fast-changing economy, coworking is a shared working environment that meets the needs of freelancers, start-ups, work-at-home professionals, independent contractors or mobile workers.

According to the Global Coworking Census, conducted last February by Deskwanted.wordpress.com — a Berlin-based online portal for finding shared workspaces — the number of coworking spaces worldwide in 2013 had reached 2,498. Europe topped the list with 1,160. Canada had 80. By July, the global count had reached 3,000.

Online coworking magazine Deskmag says the first official coworking space opened in San Francisco in 2005. Ashley Proctor, 32, manager of Toronto coworking space Foundery, thinks coworking is a "happy medium" between the traditional office and the isolation of home.

"You get the best of both worlds — the comforts of home without the distractions of home," she said. "That's the beautiful part."

One of the founding members of CoworkingToronto, a collective established to raise the profile of coworking by working together, said community is the most important aspect of shared workplaces.

"Coworking is not about desk rentals or venue rentals but rather the connections people make with other members and guests in the space," said Rachel Young.

Gil Martinez is a freelance graphic designer who got lonely and easily distracted working from home. In 2011, he became a tenant at Toronto's first coworking space, the Centre for Social Innovation (CSI) in Chinatown, allowing him to get his social fix, and work done.

"Since everyone is there to work on their own stuff, office politics are not a problem," says the 40-year-old. "No one is interested in taking your job, and ... everyone is there to network and make friends."

Some tenants even found love. Edward Nason, 36, and Saara Siddiqi, 35, met at CSI in 2008. On his first day, Nason introduced himself to all the tenants via an email sent from his "hot desk," CSI's name for a temporary desk with unassigned seating. Siddiqi was the only person to respond.

"I think it's just because I sent a picture around," he joked.

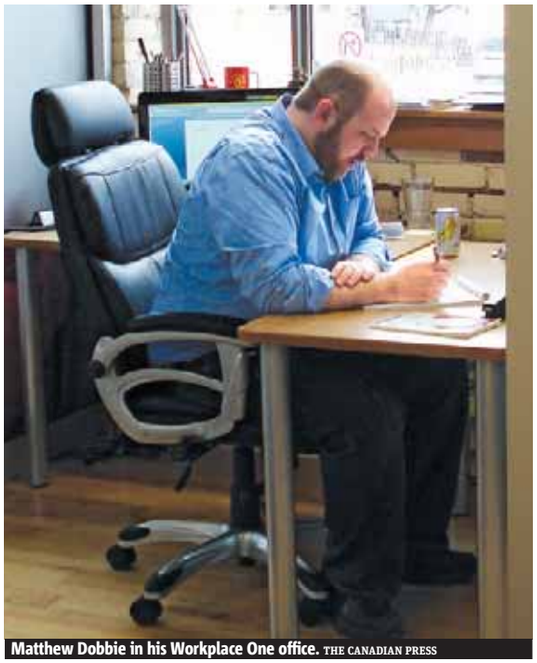
Three years later, they got married and threw their wedding reception at CSI.

Dobbie, the lawyer, has been at Workplace One for just three months, but he has already picked up some business from other tenants in the building and plans to extend his six-month contract.

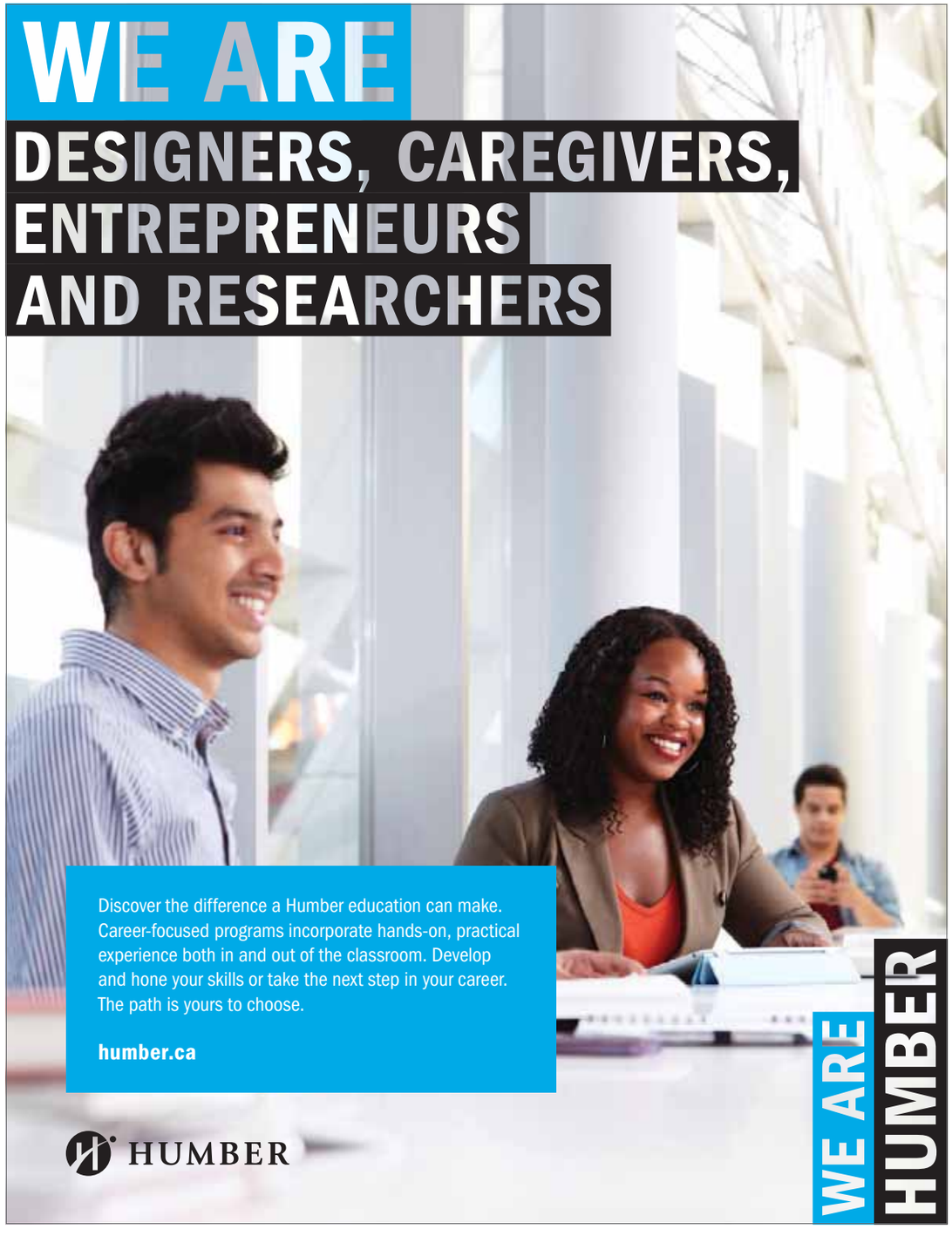
Private offices there range from $525 to $2,000 per month. Coworking on the ground floor costs $225. These two options can also be rented by the day.

By comparison, gross rent for office space in the downtown area ranges from $35 to $60 per square foot.

Workplace One has about 300 members across three locations totalling 75,000 square feet. A new location on King Street West is due to open in May. THE CANADIAN PRESS



Matthew Dobbie in his Workplace One office. THE CANADIAN PRESS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Benoit Pouliot of the Rangers celebrates scoring against Devils goalie Martin Brodeur at Yankee Stadium on Sunday in New York City. BRUCE BENNETT/GETTY IMAGES

Rangers knock one out of the ballpark

NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that created a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sell-out crowd of 50,105.

THE ASSOCIATED PRESS

Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.

Tennis. Wawrinka puts wrinkle in Rafa's title hopes

Stan Wawrinka added a win over Rafael Nadal to his list of firsts in a stunning run to his maiden Grand Slam title, extending his rival's injury-cursed run at the Australian Open with a 6-3, 6-2, 3-6, 6-3 upset in Sunday's final.

The 28-year-old Wawrinka had never taken a set off Nadal in 12 previous meetings.

Nadal appeared to be on the verge of retiring in the second set, when he hurt his back and needed a medical time out, but he refused to quit.

Grand Slam graciousness

"It's really not the way you want to win a tennis match, but in a Grand Slam final I'll take it." Stanislas Wawrinka

It remains the only major he's hasn't won at least two times. THE ASSOCIATED PRESS

NBA. Bosh goes bananas from field in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

Mario Chalmers scored 16 points for Miami, which used Dwyane Wade as a reserve for the first time since Jan. 6, 2008. Wade, who sat out the last four games with knee troubles, finished with eight points and five assists in 24 minutes.

THE ASSOCIATED PRESS

Heat forward Chris Bosh boxes out the Spurs' Tim Duncan on Sunday in Miami. GETTY IMAGES

X Games

Turski golden in ski slopestyle

Canada's Kaya Turski captured her fourth Winter X Games gold medal in women's ski slopestyle Sunday.

The Montreal native, who was competing just five months after having knee surgery on her anterior cruciate ligament, scored 91.33 on her second run to cruise to first place.

That placed Turski ahead of American Maggie Voisin and teammate Kim Lamarre of Quebec City.

Dara Howell of Huntsville, Ont., finished fourth while Yuki Tsubota of Whistler, B.C., was eighth.

THE CANADIAN PRESS

Slopestyle

McMorris to nip broken rib in bud

Regina's Mark McMorris is taking home a silver medal and a fractured rib from Saturday's slopestyle event at the Winter X Games.

McMorris caught his snowboard on the lip of a rail and went sliding down the bar before landing hard on the snow on his third and final run of the day. He stayed on the ground for a few minutes before riding down the hill under his own power.

He was treated and released from the hospital, where X-rays showed he had a fractured rib but no other damage.

McMorris, the gold-medal favourite heading into Sochi next month, said in a statement that despite the injury, he still has his sights set on Russia, where slopestyle will make its Olympic debut.

THE CANADIAN PRESS

Bobsled

Humphries takes World Cup title

Canada's Kaillie Humphries edged Elana Meyers of the United States by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

THE ASSOCIATED PRESS

The Raptors' Terrence Ross transitions to defence after sinking a three-pointer in his 51-point performance on Saturday night. RICK MADONIK/TORSTAR NEWS SERVICE

Ross makes it known he can be the boss

NBA. 51-point effort against the Clippers displays potential of Raptors sophomore

Terrence Ross is something of a pet project for DeMar DeRozan, the older Raptors swingman — and at just 24 years old the five-year veteran DeRozan is indeed the grizzled veteran of the two — is always pumping up and challenging his 22-year-old prodigy.

DeRozan goes at Ross in practice, he has his teammate's back in games; DeRozan has been around long enough to know far more tricks of the trade than Ross does after less than two seasons in the NBA and works diligently at passing on that knowledge.

A couple of weeks ago in a quick conversation after one of the revelatory games Ross can come up with now and then, DeRozan captured the essence of the kid as well as anyone could.

"He doesn't know how good he can be."

No one does and that's a perfect summation of the athletically gifted yet enigmatic native of Portland.

He can be dominant, he can disappear; he can make shots, he can drift away from the game.

But for one glorious night — albeit in a losing cause — he was everything the Raptors hoped he could be.

Ross's 51-point performance on Saturday night — tying Vince Carter's 14-year-old franchise record for single-game scoring — was as astonishing as it was unexpected.

The 6-6 Ross had scored 56 points in total in his previous seven games, his career high was a scant 28, he was averaging fewer than 10 points per game before Saturday and he had been behaving as most second-year players do — good some nights, better than average every now and then, invisible for long stretches other nights.

Ross is buried on the offensive pecking order with the Raptors — behind DeRozan, Kyle Lowry and Valanciunas for sure — but as with just about every young player in the game, Ross teases and remains very much an unpolished gem who might be a diamond or perhaps a lump of coal.

But whatever Ross does in the future, no one can take away one magical night that will live in franchise lore forever.

It made him proud, it made his teammates proud.

"Extremely proud of him, man," DeRozan said. "I'm probably the happiest person on the team, to be honest. I've been going against T since his rookie year and pushing him and going at him day in and day out. Just to see how high his confidence is to do something like that is definitely good to see."

TORSTAR NEWS SERVICE

Quoted

"Not that he's going to get 51 every night, but he needs to have that offensive focus, looking for his shots and being aggressive."

Raptors head coach Dwane Casey on Terrence Ross.

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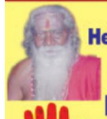

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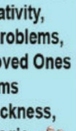

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Horoscopes

♈ Aries
March 21 - April 20
You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

♉ Taurus
April 21 - May 21
You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

♊ Gemini
May 22 - June 21
Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

♋ Cancer
June 22 - July 23
Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

♌ Leo
July 24 - Aug. 23
If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

♍ Virgo
Aug. 24 - Sept. 23
Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

♎ Libra
Sept. 24 - Oct. 23
You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

♏ Scorpio
Oct. 24 - Nov. 22
Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

♐ Sagittarius
Nov. 23 - Dec. 21
Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

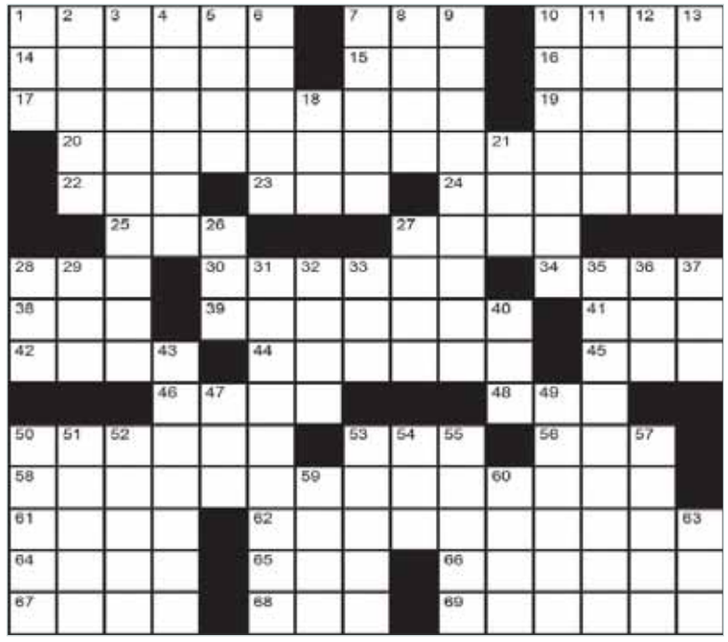
♑ Capricorn
Dec. 22 - Jan. 20
Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

♒ Aquarius
Jan. 21 - Feb. 19
The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

♓ Pisces
Feb. 20 - March 20
A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. SALLY BROMPTON

Crossword: Canada Across and Down

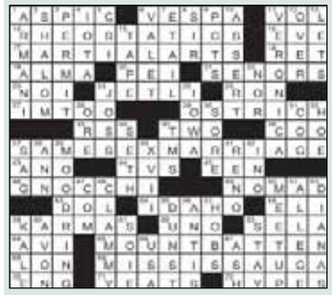
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "__ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont __
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik __
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett
53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's surnamesakes

Down
1. Hugh Jackman's wife, to Hugh
2. "What __ __ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Collie's job
5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could _ __?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers
11. Dispatch boat
12. Tilt-__ aircraft
13. "...so __ __ so forth."
18. Jennifer Lopez's first hubby, Ojani __
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. __-o'-shanter
43. Waltz composer, Johann __ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "_ __ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its __" by Poison
57. Pain relief brand
59. Paddles
60 Nabisco cookie
63. "Affirmative."

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	1	8	4	2	3	7	5	6
7	4	3	5	6	8	9	2	1
5	6	2	1	7	9	8	3	4
4	9	5	3	8	7	1	6	2
1	2	7	9	5	6	3	4	8
8	3	6	2	1	4	5	9	7
3	7	4	8	9	2	6	1	5
2	8	1	6	3	5	4	7	9
6	5	9	7	4	1	2	8	3

				7		4	6	5
		3						8
	9				2		1	
			8			1		
5	8		1		6		9	2
		4			3			
	4		7				8	
1						2		
2	7	9		3				

Today
-11°/-20°
Variable

Tuesday
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Partly cloudy

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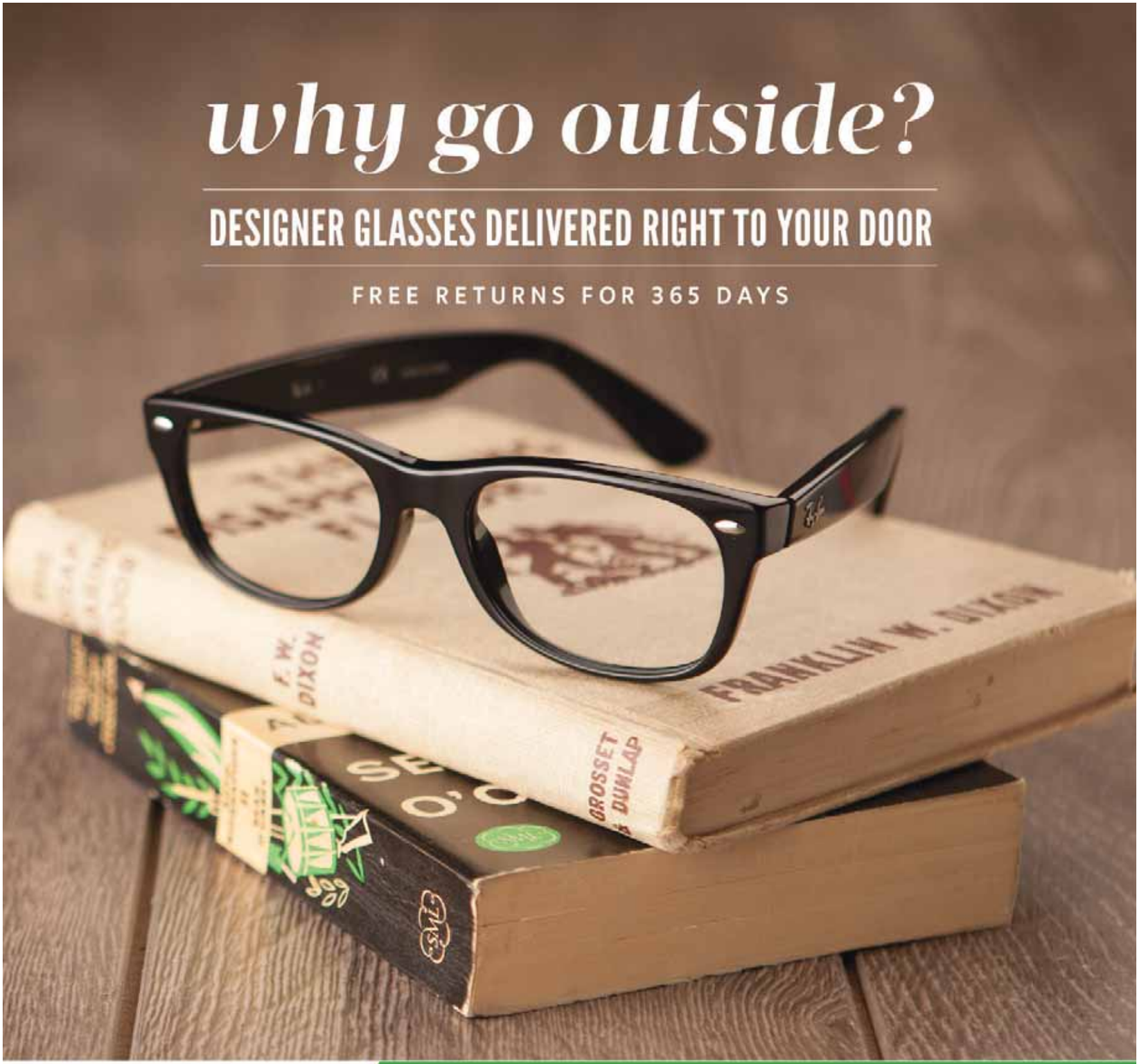

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